Oat Farls

- 1 ½ cups flour
- 2 cups quick or rolled oats
- ¼ cup sugar
- 4 tsp baking powder
- ½ tsp salt
- 1 egg, beaten
- ½ cup butter, melted
- ⅓ cup buttermilk

1. Preheat oven to 425°F
2. Mix together flour, oats, sugar, baking powder, and salt
3. Add the egg, butter, and buttermilk
4. Mix until just incorporated
5. On a floured surface, pat the dough into a circle. Leave the dough about half an inch thick
6. Cut the dough into six farls (triangular pieces)
7. Place the farls on a baking sheet using a silicone baking mat
8. Bake for 12-15 minutes or until golden brown

Notes:

- Quick oats incorporate better with the dough. Rolled oats will give you a chewier texture.
- The best buttermilk substitute is one tbsp white vinegar plus one cup milk, or in this case 1 tsp vinegar plus 1/3 cup milk
- If dough is too loose, add a bit of water to make it stickier

https://www.fictionalfare.com/2017/11/15/oat-farls-redwall-recipe/